

# January 2024 Monroe Township Middle School



## Main Plate

Student Lunch 2.70  
Reduced Price Lunch 0.00  
Second Student Lunch 3.75  
Adult Lunch 3.75

### POS Questions?

732-521-6042 Ext. 2041  
On-line prepayment system at:  
[www.myschoolbucks.com](http://www.myschoolbucks.com)



VEGETARIAN OR VEGETARIAN  
OPTION FOR THIS MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Local Pizzeria Pizza Every Wednesday!</b> 	<b>Spicy Popcorn Chicken</b> 2 Whole Grain Dinner Roll <b>FEATURED VEGGIES:</b> Steamed Corn Green Scene Choice of Fruit & Milk	<b>Sweet Baby Rays BBQ Chicken</b> 3  Buttermilk Biscuit <b>FEATURED VEGGIES:</b> BBQ Baked Beans Green Scene Choice of Fruit & Milk	<b>Mozzarella Sticks</b> 4 W/ Marinara Sauce Italian Bread <b>FEATURED VEGGIES:</b> Mixed Veggies Green Scene Choice of Fruit & Milk	<b>Toasted Cheese Sandwich</b> 5  <b>FEATURED VEGGIES:</b> Tomato Soup Choice of Green Scene Choice of Fruit & Milk
<b>Chicken Tenders</b> 8 Whole Grain Dinner Roll <b>FEATURED VEGGIES:</b> Baked French Fries Green Scene Choice of Fruit & Milk	<b>Crunchy or Soft Shell Fiesta Tacos</b> 9 <b>*Vegetarian Refried Beans also available</b> <b>FEATURED VEGGIES:</b> Baked Beans Green Scene Choice of Fruit & Milk	<b>Egg &amp; Cheese Sandwich on Croissant</b> 10  <b>FEATURED VEGGIES:</b> Steamers Carrots Green Scene Choice of Fruit & Milk	<b>Breaded Cheese Ravioli</b> 11  Garlic Bread Stick <b>FEATURED VEGGIES:</b> Mixed Veggies Green Scene Choice of Fruit & Milk	<b>HALF DAY Staff In-Service</b> 12
<b>MLK Day Schools Closed</b> 15 	<b>General Tso Chicken</b> 16 Brown Rice <b>FEATURED VEGGIES:</b> Steamed Broccoli Green Scene Choice of Fruit & Milk 	<b>NEW! STREET EATS!!!</b> 17 <b>Later Tot Nachos</b>  Loaded Tator Tot Fries Topped with Taco Meat OR Black Beans, Cheese & Salsa <b>FEATURED VEGGIES:</b> Baked Beans Green Scene Choice of Fruit & Milk	<b>Macaroni &amp; Cheese</b> 18  Garlic Bread Stick <b>FEATURED VEGGIES:</b> Mixed Veggies Green Scene Choice of Fruit & Milk	<b>Mozzarella Sticks</b> 19 W/ Marinara Sauce Italian Bread <b>FEATURED VEGGIES:</b> Green Beans Green Scene Choice of Fruit & Milk
<b>Chicken Nuggets</b> 22 Whole Grain Dinner Roll <b>FEATURED VEGGIES:</b> Steamed Corn Green Scene Choice of Fruit & Milk	<b>Breakfast For Lunch! Mini Eggo Pancakes w/ Maple Syrup</b> 23  Turkey Sausage <b>FEATURED VEGGIES:</b> Potato Triangles Green Scene Choice of Fruit & Milk	<b>Toasted Cheese Sandwich</b> 24  <b>FEATURED VEGGIES:</b> Tomato Soup Choice of Green Scene Choice of Fruit & Milk	<b>NEW! Popcorn Chicken &amp; Mashed Potato Bowl</b> 25  Whole Grain Dinner Roll <b>FEATURED VEGGIES:</b> Steamed Corn Green Scene Choice of Fruit & Milk	<b>Cheese Quesadilla</b> 26  W/ Salsa <b>FEATURED VEGGIES:</b> Baked Beans Green Scene Choice of Fruit & Milk
<b>Chicken &amp; Waffles!</b> 29 <b>Chicken Tenders Mini Eggo Waffles w/ Syrup</b> <b>FEATURED VEGGIES:</b> Potato Traingles Green Scene Choice of Fruit & Milk	<b>NEW! Sweet &amp; Tangy Teriyaki Chicken</b> 30  Brown Rice <b>FEATURED VEGGIES:</b> Steamed Broccoli Green Scene Choice of Fruit & Milk	<b>Cheesy Stuffed Bread Sticks</b> 31  W/ Marinara dipping Sauce <b>FEATURED VEGGIES:</b> Green Beans Choice of Green Scene Choice of Fruit & Milk	<b>A Complete Lunch Includes:</b> 1. Protein (Meat or Meat Alt.) 2. Grain 3. Milk 4. Fruit 5. Vegetable <i>Federal Guidelines require students must take 3 out of the 5 components and 1 MUST be a fruit or veg. to qualify as a Lunch</i>	

This institution is an equal opportunity provider